



Serves: 4

# Steamed Cabbage Roll with Peanut Sauce

## Ingredients

- Cabbage 400g
- Black fungus 10g
- Carrots, shredded 60g
- French beans, cut into small pieces 60g
- Canola oil 2 tsp
- Garlic, chopped 1 tbsp
- Onion, chopped 1 tbsp
- Salt & pepper, to taste
- Sambal goreng paste 1 tbsp

### Grated Peanut Sauce

- Shallots, chopped 2 tsp
- Grated peanuts 100g
- Garlic, chopped 1 tsp
- Sweet soya sauce 1 tbsp
- Salt & pepper, to taste

### Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Nuts are a rich source of unsaturated fat, especially omega-3 fatty acids, which benefit heart health.

## Method

- Wash the whole cabbage and place it in boiling water for about 5 minutes.
- Remove and drain.
- Sauté black fungus, carrot and french beans with oil, sambal goreng paste, garlic, onions, salt and pepper. Stir-fry for 5 minutes and put aside.
- Take a leaf of the boiled cabbage and add a spoonful of the sautéed vegetables in the center of the cabbage and roll it up.
- Repeat the process until all the cabbage has been used up.
- Steam for about 5–10 minutes until done.

### Preparation for the sauce

- Mix the shallots, grated peanuts and garlic together and blend.
- Sauté and add salt and pepper to taste.
- Add sweet soya sauce.
- Pour sauce over cabbage rolls.
- Ready to be served

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 267kcal  
Protein 11.8g  
Total fat (g and % of total calories)  
13.8g (45.2%) \*  
Saturated fat 1.71g  
Cholesterol 0.9mg  
Carbohydrate 26g  
Dietary Fibre 6.03g  
Sodium 539mg